

movie characters who carry this vital message to the people of the United States. They were made possible by the financial coöperation of this Committee and the Nutrition in Industry Committee of Los Angeles.

2. *Nutrition Classes.* An attempt has been made to provide classes in all the housing projects adjacent to the shipyards. Meeting with the workers for informal discussion of their problems has been found far more effective than formal lecture-classes.

3. *"Kitchen Door Kanteen."* A food and nutrition column edited by this Committee is offered to any shipyard and industrial publication. We are now serving six such publications, and attempt to meet all requests which come to us from editors of shipyard publications, and from the workers in the Women's Council Meetings we attend. We attempt to personalize these columns to the various conditions of each yard, and thus to do away with stereotyped material so frequently left unread. This column gives weekly menus worked out under the ration system for families of two, four, or even one person living alone, to say nothing of the groups of bachelors trying to get enough to eat on their point allotments per week; it includes extenders for meat and butter as well, Thanksgiving suggestions for 1943, and many lunch box suggestions, with innumerable other themes fitting to the moment and the problems.

4. *"Recipes and Suggestions for Wartime Feeding."** Industrial cafeteria managers have been supplied with this folder, in order to receive solutions for their feeding problems under the present rationing system. There has been a great demand for these booklets from other sources, also having wartime feeding problems to meet. Three hundred copies sent to San Mateo County have helped the restaurateurs to keep their establishments open at a time when a large number were planning to shut down.

5. *Wartime Feeding Centers:* as the markets have been developed at the various yards, the Bay Area Nutrition in Industry has proposed the development of Wartime Feeding Centers staffed with Red Cross Nutrition Aides trained in their counties to answer questions on rationing, food preparation, meal planning, and also to distribute recipes and general nutrition material. Our first such center is located in the heart of the Government Housing Project in Richmond, California, in close proximity to the great Kaiser Shipyards. This project was taken over by the Richmond Red Cross Nutrition Committee, under the leadership of Mrs. Mildred Barrows. Here throngs of industrial workers shop at a spot where the Nutrition Aides may bring nutrition information to housewives and industrial workers, at the time and place where they need it most.

6. *"California Victory Lunch Boxes."* This newest project is a threefold leaflet decorated in the national colors, carrying as a front design the map of California in the background with an industrial worker in the foreground. This leaflet carries lunch box suggestions and

pointers helpful to any person packing a lunch, whether he be an industrial worker or a school child.

7. *Posters.* This committee has designed original posters to meet the requests and demands of industry.

Thus it is that, through the combined accomplishments of the Bay Area Nutrition in Industry and the local, State, and Federal agencies, this committee stands hopeful that, in the not too distant future, the industrial feeding program in this area will be met, and that hot, nutritious food will be served to every contributor to the second line of defense on the home-front.†

2245 Post Street.

THE SCHOOL LUNCH PROGRAM*

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THE importance of providing school lunches of good nutritive value is well recognized. Better health, development, attendance and scholarship have resulted from adequate feeding. Feeding needy school children, originally by private charity and later at public expense, has been an old European practice. The famous Oslo Breakfast consisted of black bread, a hunk of goat's cheese, a raw carrot, a glass of milk, and an apple. The rate of growth of children on this diet increased 118-140 per cent. This almost perfect ration required neither equipment nor service. Such phenomenal results suggest that good food can build almost anything.

Cheap or free school lunches have long been served in the United States as a convenience. Until the Depression, the feeding of undernourished children remained a private charity. The Depression presented us with an enormous biological problem, the protection of children, and through them the generations to come. An attempt was made to make the economic problems of the depressed 1930's solve each other—unemployment, the glut of agricultural products, and the undernourishment of children.

Some 65,000 unemployed people prepared and served to two million school children the surplus farm commodities. These were distributed to millions of underprivileged families, and to schools through the welfare agencies. Thus, through the Depression large numbers of underfed children received one good meal daily.

Though the motive was to avoid food waste and price depression, benefit accrued to the farmers, to the unemployed and to six million children. The plan met with apathy and opposition. We were willing to spend \$100 a year on a child's education, but loath to add \$15 more to insure his ability to learn, though teachers agree that adequately-fed children show better development and adjustment, make greater intellectual progress without conscious effort, and have fewer illnesses—a decrease in the cost of education. The physician knows, furthermore that (1) normal development requires adequate nutrition, (2) optimum nutrition produces maximum development, and (3) deficiencies during critical growth years may do irreparable damage to the individual and, through him, to the race.

Germany's policy of "selective starvation" of the next generation of non-German, European children, and mass deportation "birth control" guarantees a biological German victory, and Germany anticipates overrunning Europe with her superior children. It behooves us to give attention to what Hoelzel calls the "nutritional determination of history."

We are turning from diet standards sufficient to sustain life to optimum standards that mobilize full capacities. Such a dietary ideal for every child is consistent

* The O.P.A. has requested permission to print 55,000 of these for distribution throughout the five Pacific Region States.

† After 14 months of effective pioneering work, the Bay Area Nutrition in Industry Committee has dissolved. Partially financed by the San Francisco Tuberculosis Association, the committee engaged in a well-rounded program to solve and simplify many nutrition problems which the war brought to industry in California.

Mrs. Filsinger, who was lent to the B.A.N.I. Committee to serve as chief nutritionist and Executive Secretary, has now resumed her former position as Home Economist for the Pacific Gas and Electric Company. In the future she will be available, as a representative of the company, to contribute a similar service to industrial and commercial companies who do in-plant or employee feeding in the city and county of San Francisco.

Mrs. Filsinger has been appointed chairman of the committee on industrial nutrition by the San Francisco Nutrition Council, and has pledged support of the council for the continuance of the program.

* One of several papers in a Symposium on "Civilian Wartime Problems in Nutrition: From the Standpoint of the Physician." Papers collected by Lt. Comdr. Dwight L. Wilbur, MC-V(S), U.S.N.R.

with a democratic society, but we fall short of providing every child with even a minimal diet, and, despite our high-living standards, one-third of our people lack protective foods to the level of mild deficiencies. Were the yardstick of optimum nutrition applied, few would qualify.

The far-reaching school lunch attacks the problem directly and can become a great vehicle for mass nutrition education. It feeds, while training the child and his parents.

The program grew rapidly, but it is still too young to survive unaided. As school lunches were given preference in the defense program, so the overall wartime food administrators still feel that school lunches are of long range strategic national importance.

THE SCHOOL LUNCH

The Government has contributed \$5,000,000. Local groups must provide equipment, labor, supervision, and 40 per cent of the locally bought food.

The school lunch should:

1. Be served under good conditions.
2. Contain *enough* of the right foods.
3. Contain much of the day's essential nutrients.
4. Be adjusted to the nutritional, racial and religious needs of the child and complement the home diet.
5. Be a plate lunch, which improves quality, lessens cost, reduces labor, saves food, provides variety, broadens tastes and food balance.
6. Develop good eating habits.
7. Be a part of health education.

Nutrition is a vital part of health education, and the school lunch should bridge the gap between theory and practice. Good food habits are not instinctive in man, but are wholly a matter of education. Man welcomes science in animal feeding, but resents it at his own table.

Some people see in this program undesirable social trends, but they fail to see the full significance of the degradation of our food which has taken place simultaneously with, and in part as a consequence of great scientific and industrial advances. They are sceptical of the seriousness of child malnutrition, because they do not realize that these advances have stripped our abundant and alluring foods of many of their vital qualities.

The physician must play a responsible rôle in the program because:

1. The science of nutrition promises a higher national health.
2. The doctor is the health consultant.
3. The physician must help set feeding standards.
4. The physician must weigh results.
5. The physician must select and certify children for special feeding.
6. The physician is held responsible for the health of the nation's children, and the quality of the generations to come.

The physician should, therefore, play a prominent rôle in the groups concerned with a community nutrition.

SUMMARY

The School Lunch Program has passed through the stages of private and public charity, and is now a public responsibility. The malnutrition of millions of children during the Depression emphasized the need of protecting a great national resource, shown by our newer knowledge of nutrition, to be in jeopardy.

Such feeding developed in the United States as an agricultural and unemployment relief policy, but has become a part of health education in the schools. It attacks malnutrition directly, while removing ignorance as an underlying cause.

Though the wartime food program has extended to

all the people of the United Nations, and to the revamping of world agriculture, the problem of feeding American children continues to be of prime importance. Congress has appropriated \$5,000,000, to insure to all children one good meal a day, despite poverty, ignorance and indifference, and despite food shortages, rationing and family dislocation.

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THE LITERATURE OF THE WARTIME NUTRITION MOVEMENT*

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SOME review of the origins of our war-time literature in nutrition is essential to an appreciation of its values and limitations. The first large impetus was given to a program for better nutrition in America with the President's call for a national nutrition conference in May of 1941. This conference adopted the "Recommended Daily Allowances" for basic nutrients [I (1)] of the National Research Council as a working "yardstick" for measuring the adequacy of American diets. It also planned a program designed to make possible for every American a diet which would measure up to this standard.

To carry out this plan State and county nutrition committees had already been organized and a nutrition service had become part of the Office of Defense Health and Welfare Services. The Red Cross, the AWVS and many other agencies started nutrition classes, and one large grocery chain prepared a very good nontechnical correspondence course in nutrition.

The new nutrition program got under way with the slogan, "Eat the Right Food to Keep Fit" (I, 3) and we heard much about "buoyant health" in contrast to mere lack of illness. Food was plentiful in the United States in 1941, and nutrition programs were formulated on the basis that we would be able to have anything we needed and almost anything we wanted. Pressure was brought to bear on newspapers, magazines, the radio and, above all, on advertising firms, food producers, manufacturers, and distributors to make the public nutrition conscious.

Some of the best advertising talent and a large proportion of the food advertising budget was devoted to "contributions to the national nutrition program." Many of these made an honest effort at scientific accuracy, and were really formulated with the motive of service uppermost. The trained copy-writers, the gorgeous color photography, and the elaborate and interesting lay-outs of this commercial material put sadly in contrast the stilted phraseology, and the poor and unattractive printing of most of the scientific publications. Unfortunately, rigid adherence to fact seldom makes a story which can compete with that which admits of exercise of the imagination. Effective advertising has to tell a good story.

As the war has produced food shortages, and the emphasis in the nutrition program has had to be shifted from best choices from an abundance of foods to best use of the foods we have or can produce with a minimum cost for labor, the accuracy of our nutrition information has become more important. It didn't seem to matter so tremendously, two years ago, that a meat chart should be based on a protein allowance 10 grams above the NRC standard allowances, while figures for other nutrients held to the standard, or that the pictured serv-

* One of several papers in a Symposium on "Civilian Wartime Problems in Nutrition: From the Standpoint of the Physician." Papers collected by Lt. Comdr. Dwight L. Wiibur, MC-V(S), U.S.N.R.

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